

Beach yoga

Take relaxation to a new level by combining a barefoot beach holiday with the ancient discipline of yoga.

Australians Nikki Massaioli and Tamar Kelly, of Sydney-based Yoga To Go, run twice-yearly yoga retreats in Thailand. And you don't need any prior experience. "Many of our participants are beginners," says Nikki, "but we have regulars who have been coming back for years." And forget the hardships of ashram life – this retreat is held at the luxurious Twinpalms Phuket resort, on a beautiful stretch of the Thai island's Surin beach.

Mornings are spent practising dynamic yoga and afternoons feature Iyengar and restorative classes. And don't forget to book in for some pampering at the spa, try a Thai cooking class, or go snorkelling. And Phuket Town is nearby with great shopping.



The next Luxury Yoga & Spa Retreat runs from October 7 to 14. It costs \$1699, including classes, single accommodation, breakfasts, two lunches, two dinners and spa treatments. www.yogatogo.com.au.

Water is a soothing feature at the Twinpalms Phuket resort.



COASTAL YOGA RETREATS IN AUSTRALIA



If you love the idea of a yoga retreat but can't get away for a whole week in Thailand, Yoga To Go also runs weekend retreats within a couple of hours' drive of Sydney. There are weekend retreats at Wiseman's Ferry for \$395, and three-day luxury yoga and spa retreats in Gerringong for \$695. Call (02) 9569 0870.



Head up to the Sanctuary Retreat at Mission Beach in tropical Far North Queensland for a yoga retreat in a rainforest setting with leading Iyengar instructor Peter Scott (October 14 to 22). From \$795 for eight nights' twin-share accommodation and tuition. Call 1800 777 012 or go to www.sanctuaryatmission.com.